

SUICIDE in MAINE

A Data Brief: LIFESPAN (Ages 10 and Older)



Maine Center for Disease
Control and Prevention

An Office of the
Department of Health and Human Services

Paul R. LePage, Governor

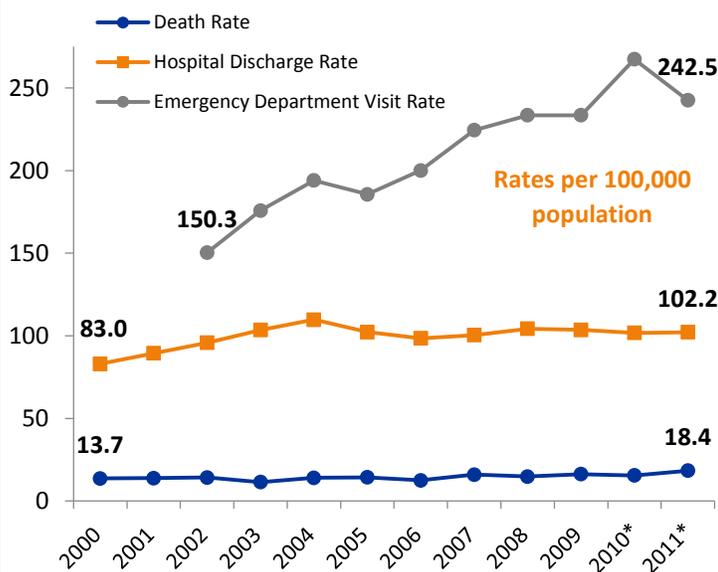
Mary C. Mayhew, Commissioner

SUICIDE DEATHS

In 2010-2012 there were 630 suicide deaths in Maine – an average of 210 suicides per year.¹

- The age-adjusted suicide rate among Maine people ages 10 and older was higher than the U.S. rate, **17.7 vs 14.6 suicides per 100,000**. The annual rate of suicide in Maine has remained relatively stable since 2000 (Figure 1).^{1,2}
- Suicide was the **second** leading cause of death among Maine people ages 15-34 and the **fourth** leading cause of death among Maine people ages 35-54.¹
- More Maine people ages 10 and older die from suicide than by homicide. For every homicide there were approximately **seven** suicides.¹

Figure 1. Age-Adjusted Suicide Deaths, Hospital Discharges and Emergency Department Visits¹



SUICIDE METHODS

- Firearms were used in **51 percent** (320) of suicides in Maine while the second leading method, suffocation (including hanging/strangulation), accounted for **23 percent** (144) of all suicides (Figure 2).¹

SUICIDE ATTEMPTS

Age-adjusted emergency department visit rates due to intentional self-injury have increased significantly since 2000 (Figure 1).

In 2009-2011:

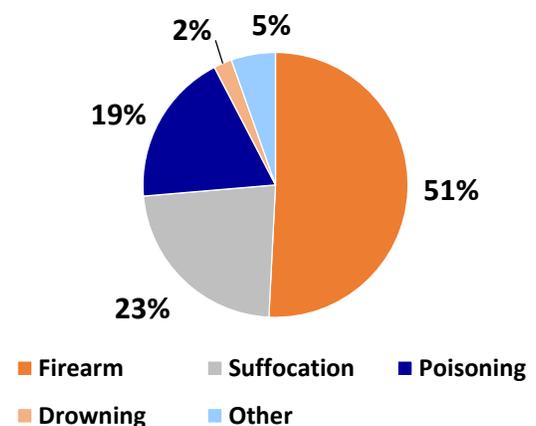
- There were 7,560 **emergency department visits** related to intentional self-injury.
- Fifty-two percent of all intentional self-injury related **emergency department visits** were among Maine people ages 15-29 years old.

Age-adjusted hospital discharge visits due to intentional self-injury have remained steady since 2000 (Figure 1).

In 2009-2011:

- The age-adjusted rate of intentional self-injury related **hospital discharges** was significantly higher among women than men (123.3 compared to 82.8 per 100,000).
- Seventy-five percent of all intentional self-injury related **hospital discharges** were among Maine people ages 15-49 years old.

Figure 2. Suicide Methods among Maine Persons ages 10 and Older, 2010-2012¹



SUICIDAL THOUGHTS & ATTEMPTS

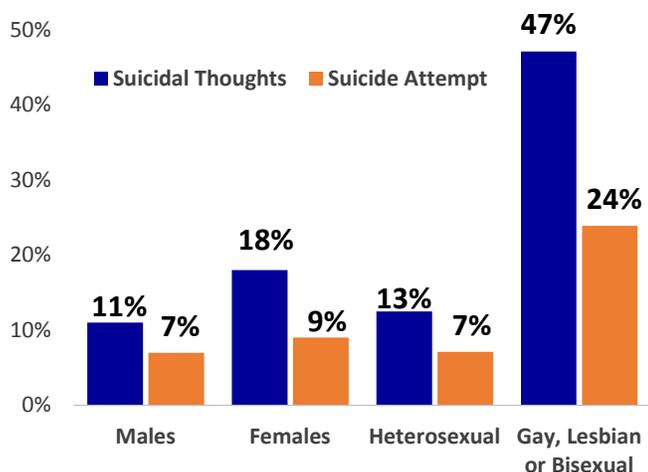
In 2011-2012:

- **Three percent** (N=64,346) of Maine adults ages 18 years and older reported having suicidal thoughts in the past year.⁴

In 2013:

- **Fifteen percent** of Maine high school students and **17 percent** of Maine middle school students reported seriously considering suicide (past year for high school; ever for middle school).⁵
- **Eight percent** of Maine high school students and **6 percent** of Maine middle school students reported attempting suicide (within past year for high school; ever for middle school).⁵

Figure 3. Suicidal Thoughts & Attempts, 2013⁵
(by Sex & Sexual Orientation among Maine High School Students)



DISPARITIES: Gender & Sexual Orientation

Men are more likely to die by suicide than women.

- Suicide is **four times** more likely among males than females representing **80 percent** of all Maine suicides in 2010-2012.¹
- Firearms were the most common suicide method among men (**57 percent** of all suicides among men) while poisoning was the most common suicide method among women (**46 percent**) in 2010-2012.¹

Girls are more likely to consider suicide than boys.

- High school girls were significantly more likely to consider suicide (**18 percent**) than high school boys (**11 percent**, Figure 3).⁵

Maine high school students who are gay, lesbian or bisexual are more likely to consider and attempt suicide.

- In 2013, among gay, lesbian or bisexual Maine high school students, **47 percent** reported suicidal thoughts as compared to **13 percent** of heterosexual students (Figure 3).⁵
- **Twenty-four percent** of gay, lesbian or bisexual Maine high school students reported having attempted suicide within the past 12 months as compared to **7 percent** of heterosexual students (Figure 3).⁵

Technical Notes: Age-adjusted rates are adjusted to the year 2000 U.S. population. **Data Sources:** 1. CDC WISQARS 2. Maine Data, Research and Vital Statistics 3. Maine Health Data Organization, 4. Maine Behavior Risk Factor Surveillance System, 2011-2012 5. Maine Integrated Youth Health Survey, 2013

MAINE SUICIDE PREVENTION PROGRAM

Maine Center for Disease Control and Prevention, Maine Department of Health and Human Services

For more information or suicide prevention materials, contact: samhs.irc@maine.gov

1.800.499.0027 (Maine only) or 207.287.8900 TTY Use Maine Relay: 711, www.maine.gov/suicide

STATEWIDE TOLL-FREE CRISIS LINE: 1.800.568.1112



Department of Health
and Human Services

Maine People Living
Safe, Healthy and Productive Lives

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